



SAFE ROUTES TO SCHOOL

Get Moving! Get Healthy!

Lesson Plan

Grade Level:	6-8
Subject Area:	Reading, Mathematics, Practical Living/Vocational Studies
Core Content:	RD-(06,07,08)-4.7, MA-(06,07,08)-1.2.1, PL-(06,07,08)-2.2.01
Overview:	Students will learn the benefits of exercise. They will also develop math skills by calculating heart rates.
Suggested time:	Initially 1-2 class periods, but this is an on-going lesson
Materials:	Student Handouts (Fitness Evaluation, My Health and Goals and Health Facts), large clock with second hand, dictionaries

Activities:

1. Demonstrate to the students how to take a pulse rate.
2. Have students create a glossary of the following health terms and definitions: bone density, anaerobic, self image, metabolism, aerobic, warm-up, anxiety, osteoporosis, flexibility, depression, fitness, pulse, obesity, resting heart rate (RHR), maximum heart rate (MHR), target heart rate (THR), carotid, radial, metabolism, cardiovascular, cholesterol, blood pressure and endorphins.
3. Discuss with students what they think it means to be healthy.
4. Pass out the Fitness Evaluation and My Health and Goals handouts. Review the steps together. Point out the places where students should transfer their calculations and answers to the handouts.
5. Guide students through the processes of calculating RHR and THR. Move around the room to answer questions and help student find the calculations.
6. Before the students write their health goals on their handouts, pass out the Health Facts handout. Read the handout together.
7. Ask students which facts were the most and least surprising. Ask students if they have participated in some of the activities discussed on the handout. (Has anyone experienced the psychological benefits mentioned?) Encourage students to share anecdotes from their experiences. (What are some benefits that are not noted?) This is a good time to emphasize the extra benefits of transportation as exercise (environmental and health benefits).



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8. Give students time to write their goals and to complete the My Health and Goals handout. Ask volunteers to share their goals.
9. Periodically check in with students to see how their health goals are coming along. Remind them that getting healthy is a life-long goal.

Extensions:

- Students could research teen health risks such as anorexia, bulimia, obesity, and steroid usage and develop oral or written reports to share with the class.
- This lesson can easily be turned into a class or grade-level challenge or competition to improve students' health. Students who experience the greatest percentage of positive change of heart rates can be awarded a special prize determined by the teacher. This will encourage the children to track their heart rate over a long period of time.

